

The



On Cost, On Schedule, Built for the Next 50 Years...

Renovator

A Newsletter from the Pentagon Renovation & Construction Program Office
March 2004

ATHLETIC CENTER WILL BE READY FOR SPRING! PENREN/C & ARMY WORKING TOWARDS A MARCH 29 GRAND OPENING



PENREN/C is charged with transforming the 60-year old headquarters of the U.S. military into a modern, flexible and efficient work environment. PENREN/C's core mission is to provide the Pentagon Reservation with optimum Facilities and Information Technology through renovation, construction, and modernization. PENREN/C's award-winning acquisition approach and program management strategy have led to successful completion of several projects outside of the original scope of renovation work.



All new fitness equipment has been delivered to the PAC. More Photos inside this issue.

PENREN/C crews are putting the final touches on what has become one of the most watched and anticipated construction projects in the Pentagon. The new Pentagon Athletic Center (PAC) will host a Ribbon Cutting Ceremony and Open House in the new facility on March 29, 2004. The PAC officially opens on March 30, 2004. "There are an awful lot of people who have been waiting years for a facility like this," says Chuck Malacarne, PAC Team Leader. "We've been working hard to ensure that the PAC is worth the wait."

The PAC will replace the current 58-year-old Pentagon Athletic Club (POAC), with a larger, more modern facility. The PAC features a suspended 1/9-mile jogging track, a large, full-court basketball court, 3 racquetball courts, 2 squash courts, a large weight room, a cardio room, stretching area and a six-lane, Olympic-size pool with 2 Jacuzzi spas. Both the men's and women's locker rooms will have steam and sauna areas. Though the primary mission of the facility is to promote military physical readiness, the size and features of the PAC is sure to impress civilian personnel as well. "Compare this place to any commercial health club in the local area, and you'll see that it more than measures up - at a fraction of the membership price," asserts Ellen Suarez, Design Manager for the PAC.

By themselves, the increased size of the PAC and the number of different fitness areas is impressive. Tenants will also appreciate the equipment being brought in to fill this new space. The fitness equipment is all new, from brands that fitness diehards will no doubt recognize. Names like LifeFitness, Hammer Strength, Precor, Versa Climber, Concept II, and Monarch Bikes will be prominent on the workout floor, along with accessories such as Lemond bikes, tubes, steps, weighted bars, dumbbells, and more to support the group fitness program.

NEW PENTAGON AUDITORIUM

The new Pentagon Auditorium, located in the same facility as the PAC, will open in May 2004, featuring a new tech center and studio, a state-of-the-art audio and video system, a comfortable backstage green room, and an attractive vestibule area for receptions.

INSIDE

- More New PAC Photos
- PAC Q&A
- Info on the PAC Open House
- New PAC Workout Schedule

The PAC, constructed in the 100-foot zone between the Mall Terrace and the Remote Delivery Facility, features unique design attributes that have become familiar to PENREN/C projects. Sustainable design and security initiatives have been incorporated into the construction of the facility. "The environment of this facility is designed to be a reflection of today's military," says Suarez, "Efficient, intelligent, modern and built to be adaptable to the world around it."



PENTAGON RENOVATION PROJECT WATCH

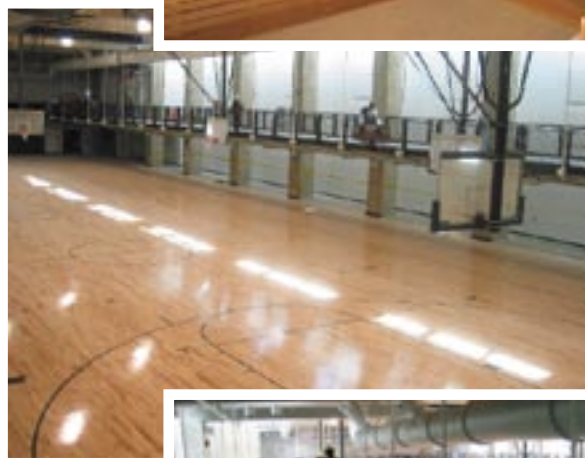
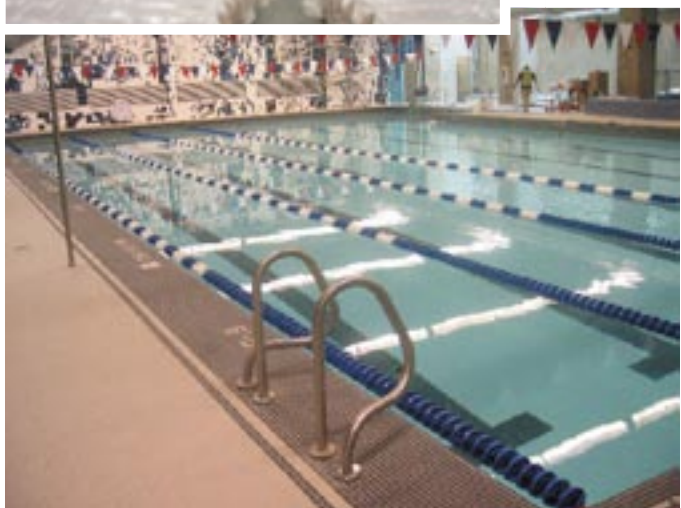
A Monthly Update on PENREN/C Projects.

Visit the PENREN/C web site for more detailed project information - <http://renovation.pentagon.mil>

PENTAGON ATHLETIC CENTER PROGRESS...



Left: Work is almost complete on the new 350-seat auditorium, which will open in May 2004. Right: One of the new saunas located in the men's and women's locker rooms.



The new six-lane pool (above, left) and basketball courts (above, right) are completed, as well as the suspended 1/9-mile indoor jogging track. (right)



The new PAC features a large weight room with all new equipment, including free weights and a variety of machines.

(Top) A look at one of 2 squash courts at the new PAC. There are also 3 racquetball courts.



COME SEE THE NEW PAC!

Pentagon Athletic Center Open House

March 29, 2004 from 12-2 p.m.

Join fellow members, staff and management of the new Pentagon Athletic Center for an **Open House** on **March 29**, beginning at 12 noon. The Open House will feature:

Autographs with Marion Jones,
3-time Olympic Gold Medalist and 5 Time
Track & Field Champion

Equipment & Exercise Demonstrations
from LifeFitness Representatives.

Tours of the New Facility

The PAC Opens For Business on

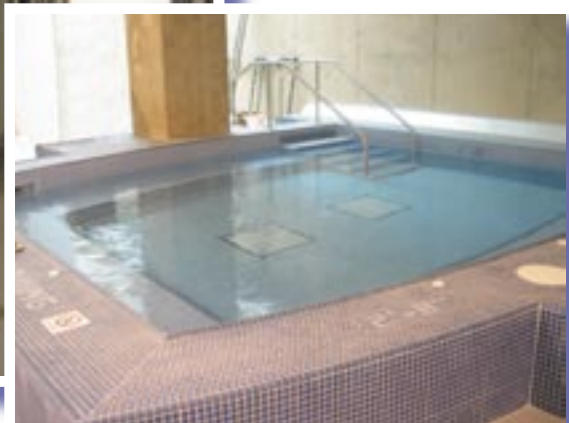
March 30, at 5:30 a.m.

for more info on the Open House, call the PAC Office at

703-920-1077



PAC members will be able to enjoy several new comforts, including separated shower stalls (left) and 2 large Jacuzzi spas by the pool (right).



PENREN/C Q&A

Questions from the PENREN/C Web Site

- Q:** Will the hours of operation be the same for the new PAC?
- A:** Yes. PAC Hours will continue to be Mon.-Fri: 5:30 a.m. to 10 p.m. and Sat, Sun & Holidays: 8 a.m. to 6 p.m.
- Q:** Are membership prices going to increase?
- A:** No. Fees will continue to be the same. \$216 per year, with a \$25 processing fee for new members.
- Q:** How will joggers/pedestrians get to the PAC?
- A:** Currently, the best route for joggers is to follow the bridge over Route 27. As soon as you cross the bridge, there will be stairway to the left that will lead you to a roadway (by the Remote Delivery Facility), which leads to the PAC. More direct routes will be available when work concludes on Highway 110 later this year. Access maps are available on the PENREN/C web site.

WE WANT YOUR FEEDBACK!

Email your questions or comments about the

Pentagon Renovation & Construction Program Office to:

renovation@army.pentagon.mil

or call:

866-349-0616

Visit our web site:

<http://renovation.pentagon.mil>



NEW PAC WORKOUT SCHEDULE

2004 Group Fitness Lineup - For more information, contact the Pentagon Athletic Center Office: 703-920-1077

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Step & Sculpt 0600-0700	Studio Cycle 0600-0700	Step & Sculpt 0600-0700	Circuit Training 0600-0700	Sculpt & Cycle 0600-0700
Studio Cycle 1100-1200		Studio Cycle 1100-1200		Studio Cycle 100-1200
Turbo Step 12-15-1315	Advanced Body Sculpt 1200-1315	Turbo Step 1215-1315	Advanced Body Sculpt 1200-1315	Turbo Step 1215-1315
Core Strengthening 1315-1345		Core Strengthening 1315-1345		Core Strengthening 1315-1345
Yoga 1730-1900	Step Aerobics 1730-1845	Yoga 1730-1900	Step 1730-1900	
	Aqua Aerobics 1730-1830		Aqua Aerobics 1730-1830	

NEXT MONTH'S "RENOVATOR:"

It's Our Special
"Earth Day" Edition:

Stories and news about how
PENREN/C is
"Greening" the Pentagon

ON COST, ON SCHEDULE, BUILT FOR THE NEXT 50 YEARS!
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